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Intentionality Tool

How much attention do you give to the actions listed below in your work with young people? Please answer as honestly as possible. Almost No Attention (1 pt) A Little Attention (2 pts) Amount of Attention (3 pts) A Lot of Attention (4 pts) Almost Constant Attention (5 pts)

Expres[s] Challeng[e] Provid[e] Shar[e]

Showing them that they can trust me. ____ ____ ____ ____ ____

Giving them individual attention. ____ ____ ____ ____ ____

Car[e]

Making them feel known and valued. ____ ____ ____ ____ ____

Element Total (add points):

Setting high expectations for them. ____ ____ ____ ____ ____

Growt[h]

Helping them learn from mistakes & failure. ____ ____ ____ ____ ____

Holding them accountable for their actions. ____ ____ ____ ____ ____

Element Total (add points):

Guiding them through hard situations. ____ ____ ____ ____ ____

Suppor[t]

Building their self-confidence. ____ ____ ____ ____ ____

Standing up for them when they need it. ____ ____ ____ ____ ____

Element Total (add points):

Taking their ideas & opinions seriously. ____ ____ ____ ____ ____

Powe[r]

Involving them in important decisions. ____ ____ ____ ____ ____

Letting them take the lead. ____ ____ ____ ____ ____

Element Total (add points):

Possibilitie[s]

Inspiring them to see future possibilities. ____ ____ ____ ____ ____

Expan[d]

Exposing them to new ideas. ____ ____ ____ ____ ____

Introducing them to new people. ____ ____ ____ ____ ____

Element Total (add points):

Informed by the numbers above and other things I have been thinking about, the element of a developmental relationship that I want to be

more intentional about in the months ahead is:

Identifying When and With Whom You will Be More Intentional

Now that you identified the element of a developmental relationship that you want to more intentional about in the months ahead, you need to identify *when* and with *which groups of young people* you will be more intentional. Please answer these questions in the boxes below.

Studies show that the more specific you make your plans to change behavior, the more likely you are to close the gap between intentions and actions. Guided by that insight, try to be as specific as possible in answering the questions below. For example, if you are a teacher, rather than writing in the When column below that you want to be more intentional about building relationships "In the classes I teach," you might write, "In my introductory course for 9th graders" or "in the hallway during passing time" or "while I am leading class discussions." Similarly, rather than writing in the With Whom column below that you want to be more intentional about building relationships with "all of my students," you might write that you want to be more intentional about building relationships with "young people who seem least engaged in class" or with "my African-American male students" or with "the students whose personal lives I know little or nothing about." While these examples apply to classroom teachers, youth program staff and others can and should be equally specific in the answers they write below.

When At what times or while you are doing what activities are you going to be more intentional about using the DR element you identified above?	**With Whom?** With which young people are you going to be more intentional about using the DR element you identified above?
1.	
2.	
3.	

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